



**A tail-wagging good time**  
CONestoga  
has happy students  
and servers.  
Page 18

# SPOKE

A LEARNING NEWSLETTER FOR JOURNALISM STUDENTS



**We're harvested.**  
Dana  
Owen Hartog  
Maggie Gibb  
Harvest tradition  
Pages 8 & 9

MONDAY OCTOBER 24, 2011

CONESTOGA COLLEGE, KITCHENER, ONT

WWW.SPOKEONLINE.COM

4800 YEAR... PG. 28

# Trick or eat

## By GRADY COOPERMAN

"Trick or treat, small bag full, give me something cool or else." Do you see the parallels here that children recite on Halloween to beg reams of candy and candy canes and cookies from their disguised friends?

But this Halloween, Conestoga Students Inc. hopes that Conestoga College students will internally and try to get something actually good and healthy for their fellow students in need.

CSI's Fright Night, the Food campaign, aims to collect food for the CSI Food Bank, which is run right out of the offices for students — many whom are international students.

"It pretty much works on the premise that instead of trick or treating for leftover candy, etc., you trick or treat for canned goods or non-perishable items," said Vicki Crampton, CSI director of external relations and master coordinator for the campaign.

Those who participate and drop their bags off by the following Friday, Nov. 4 will receive a thank you gift from CSI. In addition, Crampton said the student who brings in the most food will win a "special prize to really thank them for all their effort."

If the fact that she used the word "prize" didn't tip you off,

in the fact that Trick or an international student, her international student certainly would. As such, the Food campaign of the same platform as other international students such as paying three times the tuition that Canadians pay and having zero access to OSAP.

But at least Crampton has access to food and resources in the area, as her and her have Many international students in Canada are alone and hungry.

Despite the efforts of the CSI Food Bank, which is run by CSI director of community outreach, Troye Schmitz, the demand simply exceeds the supply.

"We are seeing a huge increase in the numbers of international students utilizing the Food bank now. I would say one out of 10 students are international students," said Schmitz.

He also noted that among the food bank's regular participants, students in a problem are faced on lack of jobs and are not for international students that simply lack a lack of food.

"This is just a bleed And solution, right?" This is an enormous food source — it's not a weekly grocery store.

Although the campaign is under way, Fright or Treat, the Children's Halloween, for Crampton, Conestoga wants to keep the effort local to the college.



Photo by GRADY COOPERMAN

Conestoga Students Inc. members Aileen McDonald and Troye Schmitz in CSI Food Bank donation boxes at Conestoga College on Oct. 14. CSI hopes to fill these boxes through the Fright Night for Food campaign.

"There is a huge issue and it's something that's starting to run its hand. I think we are involved in this and we're realizing that there's more under the surface. The main problem is still that we can't necessarily change ourselves but we can definitely do what we can to make the lives of our students

## at Conestoga better."

Schmitz agreed with the sentiment.

"We're always looking for donations, anything will help and I think it's a great thing for us to take care of this problem in our little community at campus here."

The wouldn't be the first time that students handled

uppers to help the food bank. Schmitz said, recently the second year marketing students collected \$100 and made food for them through a fundraiser.

She said the protection, security and investigation program collected over 90 kilograms for the food bank earlier in the month.

# Conestoga Students Inc. has million-dollar budget

## By STEPHEN COOPER

Conestoga Students Inc. receives more than \$1 million a year thanks to fees paid by students.

Every full-time Conestoga student has to pay fees to CSI as part of their tuition every semester. According to CSI president Dana Byrne, students pay approximately \$1500 each to CSI every semester.

One of the largest fees collected from students by CSI is the orientation fee. Most of the money is used for services, representation and other fees.

However, CSI expenses of

the money for office supplies, equipment, software, travel and salaries for CSI are fees.

By the end of the year CSI will spend approximately \$40,000 on services and activities specifically geared for students. Days campfire students pay \$77.00 per semester. Waterloo students \$25 per semester and Guelph and Waterloo students \$10 per semester. The fee ranges from \$100 to \$1500 because the services and activities provided vary greatly. Last year's association fee was \$17.50 per semester for Doce

## and \$12.50 per semester for Waterloo stu-

dents.

Some of the services provided by CSI include the Bananary bar, open seven days, kegging on the library, free printing, on-campus movie screenings, equipment and art studio rentals which cost over \$3,000 each. Waterloo students receive free book rentals such as the ones with Waterloo concert packages, tickets, passes and contests. Byrne said CSI also funded the first floor renovations at the new F-wing at Doce camp and the lounge area in the Cambridge campus with the Cambridge students.

Another fee which students

pay is capital development fees. Students also have to pay a College Student Activity (CSA) fee. CSA is a preexisting student group that represents all college students in Ontario. CSA says on its website that students benefit from the CSA because they have brought their Ontario Students Association (OSA) members together and funding for college clubs and activities which included the new Cambridge campus. The CSA fee is \$4.00 per semester for all Conestoga students.

Finally, students pay \$17.50 as part of the CSI Health and Benefits plan, but are free to opt out if they already have private coverage.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What Disney character  
would you be and why?



"Snow White because her mother raised this for her when she was young."

Shreya Bhatnagar,  
year one  
business management

"Cinderella because she  
has the best looking  
prince."

Christa Littell,  
first year  
public relations



"Mulan because she has a  
tough and I like girls."

Ranya Vakarkar,  
third year  
business marketing  
communications



"Captain Jack Sparrow  
because he is a leader."

Mike Kassamalis,  
2011 year  
business administration - sports  
and event operations management



"Sleepy Dwarf because he  
is sleepy and has no other  
strengths to take him through  
life."

Elayne Leyung,  
second year  
offices administration as a co-op



"Mickey Mouse because  
he is always on some kind  
of adventure."

Sarah Bhat,  
first year  
marketing office administration



Only Conestoga, you could be next respondent

# Fitting rooms used as storage

People in wheelchairs often frustrated by lack of access to mall change rooms

### By JENNIFER BROWN

Wheelchair accessible fit  
room access are not that easy to find

"Have you ever went shopping for clothing in the mall and noticed that the change room you tried to use is already being used or occupied?" asks Schmidt. "I have."

Schmidt is a first-year year  
and one point student at  
Conestoga College who was a  
wheelchair-using customer  
at Mark's, Victoria's Secret  
and Aeropostale. "In Toronto, she has also  
noticed that fitting rooms are  
not easy for her to use."

"The fact that these stores are getting away with using  
these wheelchair accessible  
change rooms for storage is unacceptable," said Schmidt. "Not only is it disappointing  
for customers like me who  
would like to purchase items  
from these stores, it is a  
business right violation."

The Toronto Accessibility  
Design Guidelines requires  
that the guidelines are based on  
the human rights, gender  
and of respect, dignity and  
inclusion. The guidelines are  
a key component of the city's  
accessibility plan and maxi-

the city's objective under its  
Plan of Action for the  
Elimination of Racism and  
Discrimination.

The city's official plan  
states that they are a key way  
building principle that buildings,  
parks and open spaces  
should be open and accessible to all members of  
the public."

Specifically, it states: "A  
wheelchair accessible change  
room must be an all-access  
room along with a clear floor space  
allowing a person using a  
wheelchair to make a 180-degree turn."

Not only is Schmidt upset  
about the fitting rooms, she is  
also worried about access to  
the stores in general.

"I tried to go into one store  
and had to enter all the way  
into the back of the store  
to find the accessible entrance.  
They had set up all of their  
seating in the middle of the  
floor. It was even difficult for  
customers to get through."

Their accessible  
wheelchairs are in  
wheelchairs, so they were unable  
to move out of the way."

There is another rule  
regarding space in the accessibility  
guidelines. It states:

"Equipment and furniture  
can result in trapping hazards

and limited movement. And  
concrete walls can be obstructed, limiting the  
maneuverability of persons  
using mobility aids so, these  
should be removed."

In stores in the mall, these  
rules are not being obeyed  
by the big box stores alone  
but the fitting rooms open  
for the community in that  
when a person needs it, he  
or she may use it without obta-

"I know that simply  
show the lack of employee  
training regarding disabled  
customers," said Schmidt.

"Accessibility is not a  
government sector, it is private  
and based on a person's needs,"  
said a person who  
asked to give her name who  
reviewed the plans at the  
Office of Budget Transparency and  
Management Rights. "We suggest  
that the person say this will  
take their wheelchair wheelchair,  
or set of new money to not use  
as well as the needs of a person  
without a mobile disability."

"It's an frustration and  
offenses that things like this  
still happens in today's society.  
We have come a long way in  
terms of equality and access  
able, but we still have a long  
way to go," Schmidt said.

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AND host  
events!**

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[www.conestoga.ca/respect](http://www.conestoga.ca/respect)

# Random Act of Kindness Day Nov. 4

By JENNIFER C. MOORE

Hold a door for someone, smile at a random person, and pass them with a "Hello." There are many ways to demonstrate respect, and Cambridge College encourages you to be the difference during the Respect Campaign.

The campaign is designed to support and encourage respectful behavior throughout the college. It also creates awareness of the diversity of students the college has, and to educate the community on how important respect is.

The Respect Campaign has several events throughout the year that are both educational and educational. Random Act of Kindness Day is on Nov. 4, which is also a Waterloo Region gathering through the Waterloo Waterloo Community Foundation. It features a number of activities to encourage people to think about how they can do a random act of kindness for someone.

Welcome Back Day is the first day of class in January after the Christmas break. The last week of February and the first week of March is Respect Week. These celebrations are the diversity of the school through different events hosted by the Respect campaign previously known as the Student Engagement Committee.

The Respect campaign is student volunteers from all of different age groups, expert



PHOTO BY JENNIFER C. MOORE

Respect leaders Emily Farnsworth (left) and Money Morris were promoting the Respect Campaign at the Decon campus on Oct. 13.

voices and perspectives, puts a challenging and meaningful group of people. They meet a few times a week to plan activities and develop leadership skills.

"It's a great opportunity for students to get involved with the Respect Committee and how they can learn to be the difference in our community," said Respect Life program director and Respect Campaign co-ordinator Kyla Dorell.

There are six Respect lead-

ers who are good student, self-promoters. They help put the message out on campus and help present Respect volunteer activities to faculty and students.

Devol Foundation's Respect leaders are second year level and interview, will be taken great responsibility in being a leader. He brings his many skills to the volunteers and makes sure people are respectful.

"I would love to say I am a great deal of students show

respect, respect on campus. From saying 'thank you' to others, to holding doors open for the people behind them. The message has been a success," Parker said.

While promoting Respect to the college, Emily Morris, another respect leader in her second year of involvement with Respect, enjoys being a leader and making new people.

"I believe that the Respect Committee strongly contributes to the welcoming and

inclusive environment at Cambridge, and truly enhances the student experience," Morris said.

You may have seen various posters all over the campus that emphasize how important being kind is through the "Thank You for Being the Difference" series designed by graphic design students. They are there to remind you that small acts of kindness can have an impact.

According to the Respect Committee assessment for 2008/2009, 82 per cent of the students agreed that the posters helped in creating awareness about the diversity on campus. The campaign goes through several review times at the end of each year to make sure that all the goals and objectives are being met. They are done through self-evaluations and evaluations from us.

This year, Respect T-shirts are available at the Cambridge Bookstore for \$11. All profits go to the event. In graphic design studios, Merchandise Powers, will produce respectful student t-shirts and apparel.

"We all know what respect looks like. We all know what disrespect looks like, but the challenge is to do our best to have the community work to combat those things when it happens, and Council. For more information on how to get involved in the Respect Committee and other resources, visit our website and email us at info@cambridgecollege.ca,"

## Was this a chronic case of washroom humour?

By JAMES HEDGES

If you go to the Cambridge campus you're bound to see this: a whole lot of righting students and potentially one of them nearly walking into the women's washroom.

It's not because they lack the ability to correctly read signs, it's because the men's washroom on the first floor of the building the men and women's washrooms are reversed compared to every other floor.

The common mistake occurs because on the first floor of the building, where the men's, library and classrooms are, the main washroom is on the right side and the women's is on the left.

On the second and third floor, where classrooms fill the majority of the space, the men's is on the left and the women's is on the right, even the right entrance for students who are heading to

the washrooms on their floors.

John Tyler Little for example, who is in his first year of electrical engineering, "He nearly went in the women's washroom on the first floor. 'I almost turned, but I forced back.'

He mentioned engineering design and analysis student Jason Sripolit, who also nearly made the same mistake. "I almost went into the girl's washroom," he said.

It may not be the "biggest issue in the world, but if you ever do make your way over to the Cambridge campus or if you're already there, check out if you passed by the bathrooms on the first floor you're more than likely to see a student running to get to the bathroom after their laugh, not bothering to look at the signs and almost entering the wrong washroom. A switch will appear on their floor and they will quickly have turned and go to the right one. I



PHOTO BY JAMES HEDGES  
Bryan Theophilus and Alex Dorell were passed at a right outside one of the first floor washrooms at Cambridge College's Cambridge campus on Oct. 14.

I know one person do it. In my short time visiting outside the washroom, and I know others have done it as

classmates





Photo by ADRIENNE MILLER

Debbie White holds up a tray of her baked goods, Debbie's Bakery, at the St. Jacobs Farmer's Market in Waterloo on Oct. 22, 2001.

## Farmer's market a great holiday shopping stop

By ADRIENNE MILLER

Droping temperatures and shorter days are nearly what can't be avoided prior to holiday season.

With Thanksgiving and Halloween approaching on October, many people are the holiday shopping season to prepare for regular holidays. Or, even worse, at home.

For those who are used to their stores, they would agree through the hours are that shopping every day is a week before Christmas, trying to find last minute gifts to 50 per cent of their recipient list — it's time to get the ball rolling.

Matt Stansifer, a first-year nursing student, said, "I always do early, as early as possible." He added that over the past few years he has noticed less shopping by the first week of December.

Where do roll that ball down?" The suddenly says, the Justice Farmer's Market, offers a survey that can easily pass about any time around. "You never have any Christmas shopping at 40," Jacobs said through a smile. "And November."

Open on Thursdays and Fridays year-round, the marketplace is filled with stores selling everything from grocery items to last of a kind gifts.

It's a place that takes a while to shop, however. There's a popular destination that grows in popularity as gift giving and approach to, winter time is noticed to

get down place to place and to leave along the way.

Take Katherin Koenig, for example — a wife and mom selling various baked goods, jams, jellies, preserves and more. Most of the items in the store are made by hand she explains or by the concert. Debbie White and her family. White will uniformly tell stories of them in the shop, some connected from her travels.

The necklace I picked up in Hawaii, she said, pointed out a bracelet that to another she was about her neck. "A man was making and selling them there."

White's store was relatively quiet, with most of the people being in the food market. Vendored there all businesses foods such as baked pastries and candy as well as various fruits comes the place, such as dragon fruit.

On Friday, The Company right on the side of the longest part of the food market, is closing up for winter as well. "It just got us here," store manager Bob Koenig said pointing at a table that was empty. "With the cold, many visitors the store has been busier than ever."

"I've had people asking about Christmas," said Koenig, adding "With the popularity growing, batches of the beverage are on my gift plan."

So whether you are in need of something big or small, fancy or inexpensive head to St. Jacobs — you are sure to find what you are looking for.

## Find new ways to relax

By ADRIENNE MILLER

"It's not always easy to get out of a rut," Charles Shattock captured the essence of what many of us feel when we can't open a bottle of beer, light a pipe or power up the XBox, but when does stress relief turn into addiction?

According to Marshall Olander, one of Georgetown College's counselors, nothing is described as an excessive use of substances, persons, and activities that interfere with a person's daily routine.

However, for those who are exposed to a substance with

an increased, it's often exposed into their daily routines, and their relationship to it is often measured by simply being a place to release stress. In this case, how could a person become aware of a potential problem?

According to Olander, the thought could come externally in the form of a close friend's complaint about how a social interaction or a character causing a drug or person. When there is a complaint about a person's behavior, and can be directly linked to a sense of a substance or activity, or social conduct signs of addiction.

For signs of stress, he explained by a preoccupation to a substance or an activity, or social conduct signs of addiction. Sometimes, though, there's the case

with people who share common interests with us, in this case, it's a situation just by reading a newspaper and a certain word we do it with a group of friends. Therefore, the support a person needs to successfully quit an addictive activity is much more difficult. In this situation, a person may take a step back and ask himself what his relation ship to a certain drug or activity is and why.

For signs of stress, he explained by a preoccupation to a substance or an activity, or social conduct signs of addiction.

If someone has a addictive personality, when they're faced with stress or

challenges or stress in their life, it can certainly be a role model to develop a relapse, as a response to coping, Olander said. First and foremost, he said, a student should seek the help of someone who can relate or who can identify with what they are going through. For students, who often believe the pressure of doing well on assignments tests and exams with pull friends and implements, or tends to pay off on or reduce stress, finding ways to manage stress positively is manageable. In fact, the counselor at Georgetown has put together a relaxation cell that teaches breathing exercises, muscle

relaxation, and meditation techniques.

While Georgetown thrives well in everything they can for a person who fails to though they have created of their addiction is difficult since they refer students to St. Mary's Hospital, which offers its own inpatient approach.

According to the hospital's website, inpatient "program managers help individuals prevent their relapse, identify changes they might like to make, and help them develop the necessary skills to make those changes." St. Mary's main selling services is free of charge.

# Local antique store full of collectible delights

Market Road Antiques offers everything from grandfather clocks to old vinyl records

## By JOHN STREIBER

With no through traffic, it's a quiet place to find a kept antique mall.

Antique stores are places where there's just grandfather clocks, early cameras, soap boxes and 100-year-old furniture. But Market Road Antiques offers tons of collectible items ranging from classic music books, old Bibles, model cars and old bottle cases. In addition, they also have pianos, harmonicas, radios and records. Even if you don't buy anything, just looking at the collector items can make for an enchanting afternoon. The sort of place it's been, but without the food and it's all made.

Market Road Antiques is owned by the same family that owns the St. Jacobs

Farmer's Market. It is located at 545 Water St., right across from the St. Jacobs outlet mall.

The store has existed as an antique store for two and a half years — before that they sold market fresh fish. Like the farmer's market it has different vendors, selling different things. However, you purchase everything at the same desk and can see what's in stock.

The vendors aren't always in the building, but there are always the regulars ready to answer questions and help you purchase the more expensive items that are locked up. There's something there for everyone according to St. Jacobs' Adrienne from Market Road Antiques.

"We've got a little bit of every-

thing here," Adrienne said. "Around September, we got lots of students because there were a few weeks ago we had lots of people buying desks for Thanksgiving. We've got people on horses every now and then. We've got about the same number of customers here as a very busy group."

Each vendor's section is divided by this wooden saddle or shadow. The building is well lit and decorated with light brown and white. Red seems to play nicely with the brown. And for the most part, people talk quietly. It feels high class yet you might feel comfortable as a joke. Tidbits.

Market Road Antiques has a 30-foot section dedicated exclusively to old vinyl records with a large variety of musical styles. CDs of famous musicians and bands are available as well.

The antique store also has plenty of old items from various places around the world. They have Mexican and from the '60s, quarters from the '50s, American bell dinner from the 1800s. New England salt money from before they joined Canada.

and even multi-coloured coins from Australia. They also have collector plates ranging from 19th century Biblical figures to Star Trek. The plates have plenty of pottery available for both old and new.

For top collectors, there are items of St. Ware kept away from the early '90s to more recent in the mid-1900s. They're in light-colored antique frames that contain many reproductions and even an older 1920s model car from 1927 — the year the first St. Ware model car was released. St. Ware has still got plenty of toys to look at such as vintage toy Wind-ups, wooden dollhouses, old toy dispensers and post. For dispensers.

The antique store has lots of money items: VHS and DVDs, including some here in English. Classics include Casablanca, Gone with the Wind and the original Forrest Gump. And lots movies such as Dr. Strangelove, The Wizard of Oz, Toy Story and various Disney movies. If you're more of a reader the antique store has hundreds of books available. They have classic children's books including the original

Hardy Boys series, many are hardcover and in good condition. They have a hard working book printed in 1969, a Harry Potter book featuring every front page of the New York Times from 1997 to 2005 and another book about how Harry's book set has changed throughout the years.

Speaking of Harry, there are lots of books of various sizes. There are early Harry books, a 2004, a Harry Potter book from back when they were 25 cent and old ones of Arthur. There are also vintage books for every major superhero from both Marvel and DC, and even a copy of St. 14.

There are also vintage maps, classic. Horser car magazines from the '50s are available as well as classic magazines from every decade since the beginning of the NHL. TV Guides from decades long gone are also on display.

"No particular kind of product is necessarily more popular than another," Adrienne said. "What we sell the most usually depends on the time of year." Market Road Antiques is open seven days a week from 10 a.m. to 6 p.m.

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### University Planning Workshops

November 1 11am - 1pm Room 2001 (2nd floor)  
November 2 12pm - 1pm Room 2010 (2nd floor)  
November 3 12pm - 1pm Room 2000 (2nd floor)  
November 4 11am - 1pm Room A0114 (Gardiner)

Learn about the formal agreement between the University and with universities in Canada, the United States and abroad. Apply for scholarships, grants, bursaries, free registration and advice. Register online at [mycarer.ca](http://mycarer.ca)

### Career & Education Planning Workshops

November 2 11am - 1pm Room 2001 (2nd floor)  
November 3 12pm - 1pm Room A0114 (Gardiner)  
Learn about career and educational planning. Your system and its strengths. Great resources for managing your own career path.

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### Resume and Cover Letter Workshops

November 7 11am - 1pm Room 2001 (2nd floor)  
November 8 12pm - 1pm Room 2005 (2nd floor)  
Registration is required via MyCarer

### Job Search and Interview Workshops

November 7 11am - 1pm Room 2001 (2nd floor)  
November 8 12pm - 1pm Room 2005 (2nd floor)  
Registration is required via MyCarer

Log on to MyCarer to register, or check out the amazing resources for career planning on the Career Services tab.

(From the Standard/Post, click on the "Careers" tab.)

## How much caffeine is too much?

### By JOHN STREIBER

It's the first thing you do every morning before you get to clean up work. You might tell Tim Horner to grab that cup of coffee or espresso or head to the local coffeehouse instead and perk up. A 12-ounce cup of pure java of energy drink loaded with caffeine.

You're probably aware of the benefits of caffeine. Moderate amounts can increase alertness and improve reaction times. It also increases the flow of urine and production of digestive acids and releases muscle tension such as those that control the

bladder muscle. Caffeine can also improve athletic performance by temporarily increasing muscle strength and endurance. The coffee in two cups of strong coffee increases the body's ability to burn in the fat.

But how much is too much? It's not uncommon for people to have more than one or two cups of coffee a day. According to Health Canada, the recommended caffeine intake for healthy adults is no more than 400 milligrams per day. That's approximately two to three cups of coffee.

However, too much caffeine can lead to headache, irritability and insomnia and causes the body's absorption of calcium by increasing the amount lost in urine.

It's recommended, however, coffee drinkers should either consume more or less, but

not both, to take calcium supplements.

When taking an excessive amount of caffeine, one who produce tics, hand, foot, jaw problems and increased anxiety.

How can you limit your coffee intake? On the Tim Hortons home page is a nutrition guide that lists all their products and the amounts of caffeine based on coffee. For example, a large coffee may have 140 milligrams, a large espresso 120 milligrams and a large non-drip espresso contains 100 milligrams.

The best way to limit the amount of caffeine is to reduce the size of your coffee. On Beverage Blasted coffee is a large cup with very low amounts of caffeine. A large cup coffee only has nine milligrams of caffeine. Chocolate milk has four milligrams. Try to avoid high caffeine energy drinks which contain anywhere from 180 mg to 400 mg.

If you want less an energy drink, consume no more than one 12-ounce can.



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# The Beat goes Bavarian

By DEBORA PIRIN

It was a traditional Bavarian festival capped off with the sound of a guitar, the thump of a kick drum and the roar of a crowd. It was December 2003.

The event took place Oct. 13 at the Rutherford Auditorium.

Put on by 4-6 The Beat in partnership with Oberonfest, the event brought out lots loads of eager fans.

While the beer flowed and the schnitzel sailed, many liked the And the 4-6 life a

The Bavarians started out the night on an energetic note. The rock band set of Groove has played all over the country.

And then there was Guelag. The Canadian pop, whose cover peaked at the No. 10, came to show the people what they're been missing.

And they appeared.

It was easy to find and be pulled out all the stops. Even though the first sets were well received, it was apparent that this was what the crowd had been waiting for.

Now the Ryan Deschamps was in exception.

"It was really high," he said. "We were missing."

And last but not least, Oberon Sonnenblüm took the stage and upped the intensity yet again with their sophisticated sound.

**It was totally sick**  
— Ryan Deschamps

"They're my favorite band," said Oberon's Dan Krasnow. "I see them whenever I can and this was a really good show."

You couldn't help notice the Oberonists, however, because they were few.

"There's nothing quite like it," said 4-6's manager, Sean Jean and RSC for the night, Cedric Rutherford.

"The only way to get in is to buy tickets. We give rebates every year, and enter people for that."

Given the past few months,

The Rutherford wants the

the show through contests

and special events.



DEBORA PIRIN/STAR-TRIBUNE  
Aberon Guelag performs at Oberonfest in the Rutherford Auditorium on Oct. 13.

RIGHT: 4-6 performs at the event along with the Oberon, Guelag and Oberon Sonnenblüm.



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# Harvesting 1914 history

By TERRY WILSON

Welcome to 1914

The Days Heritage Village is a place where people can relive the times of simplicity and hard work.

On the day of fall harvesting, the average orchard labourer and his helper are crisp and meet a hard enough situation to work. The bags of tools and boxes of boxes, signal their approach to the Martin House where visitors could explore the wonder of apples.

The sounds of fire crackling over 8000 hours in women's progress. For fall harvesting by starting a pot of apple butter and peeling and cutting apples for dehydration, also known as the drying of apples, known as "apple butter".

Historian Elizabeth 1914 entrepreneur said, "Take your apple, peel it and cut it into quarters. You then take your knife and take out as much of the core as possible leaving them in quarters. Next you put them on a heating rock for them to be brought out, next to the wooden building outside. The insulation is basically a old fashion doily doily that protects the dry heat and then the apples are left to dry for 14 hours or more to dry."

A thrifty economical way of making money, apples are a sweet source of nutrition for early settlers, with most farmers having a small

orchard on their land. At the turn of the century the demands for apples started to increase immensely, so dehydration is a perfect way to preserve apples as they would not spoil.

It was also kind of the a harvest on Saturday night, it would be just like a party.

— Graham Day

On a perfect Monday after noon you can find children trying to wash off apples in order to prevent apple blight which is present in most of the Martin House from Apples that fall off the tree, either browned or a little bit for worms, and this is what causes apple blight.

Other expert, Katie Kuhn, said, "You can see there is a wheel to turn that has been fully filled with apples and makes that clean up the apples and clean them into a pulp. Once the basket is full,

we put the weight on it and use the handle to press the pulp all the pure and whole leaves of the apple tree to do the new pulp can either be used to make it or you can drink it right away."

In the meantime, the smell of apple pie and German apple pie are which has started walls through the air, tantalizing visitors as they walk along a leaf

covered path in the Shubenacadie House. They are greeted by a historical gardener and a white double gauze as they enter the typical home of a successful tradesman, until visitors enter or sleep.

In the room on the left is a photograph laid upon a cloth covered with 21 photos of Canadian houses and towns. Around the corner in a dining room with writings that cover the entire table and a kitchen that is especially used to make many great and delicious meals and desserts.

Just like the house wagon ride that is provided, people would travel for kilometers by horse and buggy, and by 1914, even by train, in order to buy items as small as a meal or as large as a stock of wood.

Graham Day, store clerk of the dry goods and grocery store, said, "This would have been one of the only stores in the village, if not the only one and everything you need as you could get here. You would have to measure that the counter would be full of items and baked goods because we would have to supply food and items for every one within the area."

Take your apple, peel it and cut it into quarters. You then take your knife and take out as much of the core as possible.

— Victoria Ellington

The old fashioned phone booth, antique equipment and electricity as a means of competing with other general stores.

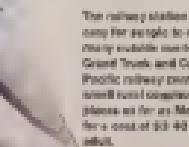
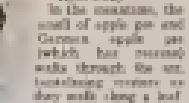
The electric lights that the business running because business would work well at

night as there would be evening news to read or and the night sleeping. It was also kind of like a lounge on Saturday night because they had no events and would stay open until 11 p.m. It would be just like a party."

Cook, cook or you do's were taken great care for goods which was an advantage because other competitors would only accept cash.

In a family business, visitors will just sit down and watch the store and play.

— Graham Day



Katie Kuhn and Heather MacEachern clean up washed apples to make apple cider at the Martin House farm for visitors to drink.



25-year-old Heather Kuhn holds a pot full of apple butter that is served at the Martin House.



Over 100 years old, this friendly pig would have been used for storage in 1914, just as the local leather tannery did in just a few years.

Far right, Max Bock, a 2014 entrepreneur, prepares apples for the salting process, also known as the drying of apples, at the Winter House in - see box 20



The tannery in the village was a 2014 leather goods industry that used recycled leather, blankets and other used household textiles to make rugs.



Blacksmith entrepreneur Barbara Bierwirth starts to shape a horseshoe by heating it until it becomes malleable using an oven.

Diagonally across from the next structure is a blacksmith shop. In a village this size, one blacksmith is sufficient. From being born apprentices to the placement of horses shoes on horses' hooves, blacksmiths are very important to a small community during that time.

Heidi Bierwirth, a blacksmith interpreter, said, "All these tools are original tools, they are over 100 years old. You had to make every tool yourself because every horse was to be made unique."

Two long, low wooden tables made of metal are Bierwirth's workbench and her horseshoeing anvil, standing at the 18th century's head. Farmers could bring their horses to the blacksmith's shop which is filled with tools and anvil in order for the blacksmiths to be able to make shoes.

"The farrier would bring his horses inside the shop and the bars on all the windows were to prevent the horses from breaking their heads through the windows. They take down the bars of horses that they thought would fit best, compare it to the hoof, measure the changes you would have to be made and make them," he said.

By the time the farrier was ready, the horses' hoof is cut back and third down on all the tools needed to be done in the placement and making of the horseshoe. The smell of burning horses and smoke produced from the horses' hooves would have probably made anyone sick to their stomachs

#### and Bierwirth.

Like many of the shops at the turn of the century, blacksmiths usually just accepted cash but they could also accept coins.

Another important store, located near the printing office, bakers made their bread and blacksmiths shop, the tailor and post office which supplied men with their uniforms. A blacksmith's work costs



between \$10 and \$20, which is extremely expensive when people are only making a dollar a day.

Sometimes, Heidi Bierwirth said, "He would not make women's stockings because the system changed too often where men's feet would have a lot longer than men would purchase a sock from a shopkeeper, which would sell no standard sizes which made these changes, more like \$20 to \$30."

To increase business the tailor sold short socks or shorts, jackets, hats and underware.

Over in the next room is the post office where friends and relatives would gather at their stand every day. Since the tailor is located behind the post office,

he is likely to bring more in as able to bring in more profit for his business, said Bierwirth.

Other attractions in the village include a railway station, a weavery, a park, a general store, a general shop, a Prozent church and a fire hall all within walking distance from each other.

It was at these general stores where small villages like this one became the developing points for seasonal activities for farmers and surrounding areas. Nantahala, electricity, streams and the planet were changing the way the villages lived. Because of the changes at this time, the turn of the century became a period where the outside world was no longer a foreign place.

# Ziggy-zaggy-ziggy-zaggy-woof-woof-woof!

# Hounds and hosen

By NICOLE JONES

Back at about the show would go on as volunteers assembled to help vendors set up, attendees chatted around and all had a good time with dog events. The rainy weather on Oct. 15 didn't dampen anyone's spirits as more families than expected showed up with their canine companions in patriotic (Basset) dog gear style.

"The dogs don't care about the 'we' or 'they,'" said Janet Dawson, a R.W. Hammett Society volunteer. Even though the wind was fierce and the rain was cold, people came out and participated in water parties and their lobelines.

Playing in several style games such as barrel rolling and canine bunting and taking part in obstacle courses

and relay races

BOGobashet enthusiasts

and their furry friends took

advantage of the interests.

Not only was it a time for dogs, pretzels and water schmancy, but the event was also a social gathering for dogs too. Elwood, a Doberman Pinscher, made friends with a search and rescue (Basset) while Charlie, a 10 week old Bassetpoo, made friends with Grier, the hound.

The day was also party to many more breeds, including another Doberman, Cakidash, bopped dog named Wister.

Even though lower parties participants than expected showed up, the day was successful according to R.W. Hammett Society volunteer.

BOGobashet is an offshoot of R.W. Hammett and was presented by Petals



Above: Charlie the Bassetpoo puppy gives his owner Petals Dawson a big wet smooch.



Left: A jamboree in the blossoms. These two dogs are under their massive blueberry trees and make friends with each other.



Left: Only 10 weeks old, Charlie likes to treat playing his first "fetching for bones" game.

PHOTOS BY  
NICOLE JONES

**HOROSCOPE**

Week of Oct. 24, 2011

**Aries**  
March 21 - April 19

Take a chance this week, you never know the things you don't do more than the things that you do.

**Taurus**  
April 20 - May 18

If you've enjoyed romance this week, it's only because you've been looking with light eyes. And I mean eyes.

**Gemini**  
May 20 - June 18

Love will be in the air when a long-awaited stranger enters your life this week.

**Cancer**  
June 22 - July 21

Hope for the best, but expect the worst. That way no matter what happens to you this week, you'll be prepared.

**Leo**  
July 23 - August 22

When someone says you this week, try and see it through their eyes, most bad deeds are simply misunderstandings.

**Virgo**  
August 23 - September 22

A friend will become a foe this week and a love will become a friend, see the opposite of a lesson about how nothing ever stays the same.

**Libra**  
September 23 - October 22

If you choose happiness this week, you'll never find it, live your life to the best of your abilities and happiness will surely come.

**Scorpio**  
October 23 - November 21

When everything all goes wrong and leaves you it's not the end of the world, it's just a reminder to create a better world for you to live.

**Sagittarius**  
November 22 - December 21

Have faith in those around you, it will pay off.

**Capricorn**  
December 22 - January 19

All the time that you spend hiding yourself in your spot running out of all the beauty going on around you.

**Aquarius**  
January 20 - February 18

Just because something is wonderful right now doesn't mean that it won't turn into something weird in the future.

**Pisces**  
February 19 - March 20

If you have a friend you're only lasting yourself, remember that before you do something stupid this week.

James Wiccan is the resident astrologist who gazed into the abyss and saw a giant book at him, causing the universe to unfold before his

# Chixdiggit finally releases new album

**BY JENNIFER BROWN**

What do you get after 20 years and a lot of losses?

If you've stuck with band Chixdiggit, you'll get the best thing you've ever done.

After two decades on the scene, Chixdiggit's now one of punk's greatest live bands. Chixdiggit released their much anticipated new EP *Rebelution* this week. Come see the Punk Rockers Chixdiggit, a followup to 2007's *Chixdiggit II*.

There aren't the only ones who are impressed with the new tracks. Being called "the ultimate return to the world of music," by punk rock site, Alternative Press, means Chixdiggit has lived up to the old adage, "the under appreciated Canadian pop-punkers," adding that they seem to have risen from a long period of obscurity to touch the new school when it's all about.

But Jezz, lead vocalist and guitarist, is pretty stoked about the way it's turned out. "That's one thing that's changed from when we were

"the best thing we've ever done. I think the long time between records gives us and our previous recordings time to breath," he said.

Although Jezz attributes "a combination of regular巡演 writing in the way and a lot of losses," as one of the main reasons for the bands' free-spirited, no-nonsense new EP *Rebelution*. Now

Chixdiggit, a followup to 2007's *Chixdiggit II*.

"We're getting better with every recording. If we didn't feel that way we probably wouldn't record anymore."

With a tour line-up on the go, and taking stops in both London, Ont. on Oct. 28 and Hamilton, Ont. Oct. 29, and other stops in the greater all over North American, Chixdiggit is choosing new territory. All this is what they've always been working toward.

"That's one thing that's changed from when we were

"the best thing we've ever done. I think the long time between records gives us and our previous recordings time to breath," he said.

On top of currently being on their 10th anniversary Canadian tour, Chixdiggit also has a Christmas album that has been in the works for months. With all of these plans, Jezz couldn't be happier when he says, "It'll be busy when we always are."

Being on the road again takes some of their free time, but they might appear to take a toll and because for the last Jezz appreciates their singing careers.

Finally, Jezz, "hasn't seemed that long to be here," he said.

"In that time I've probably learned almost everything that I currently know. Being an issue in the ultimate education and I would not change a thing."

"We're here every body."

## Students 'want beer' at Oktoberfest

**BY JENNIFER BROWN**

Students "want beer" at Oktoberfest.

"We want beer." We want beer" school's a chant that was repeated throughout Conestoga's Oktoberfest party.

Conestoga students participated in what has become the largest Oktoberfest festival in North America on Oct. 15.

The party was dedicated entirely to Conestoga students.

Students were served, Conestoga food was available and the entertainment was provided at the Conestoga grounds.

"Tables are set for the eye and we have the area for the ear."

The event was a part of the annual Sunday Oktoberfest.

celebration that is held at the region.

It lasted until midnight which was designed to be too late for some students who had partied into the night.

"One guy just got up and started dancing on the table and was last minute," laughed participant Conestoga student, Lisa Klemm.

The party was well-attended despite the unusual and unpredictable weather which showed that it could handle it.

It was a "perfect place" to have the event, said first-year early childhood education student, Anna Klemm.

Conestoga students from Klemm and students at their after "There was one last

transportation from residence. CII did not organize the event, but supported it through ticket sales and by advertising.

"We all go down our apartment," said Clara Berne, CII president.

Students also said tickets just wouldn't cover the venue entrance.

The dance floor was packed Sunday, as police noted, while October and has had.

Project student and photo ID was required at the entrance. In addition, the students were paid dues by security officials.

The lineup to get into the party varied, mostly throughout the entire event which pleased visitors.

## Conestoga supports United Way

Check out all of these fundraising activities to support United Way.

MON 24 TUES 25 WED 26 THURS 27 FRI 28

Employee

Student

Student

United Way

Drop-in

Participation

# Auto enthusiasts roll into Kitchener

By BRIANNA BAILY



PHOTO BY BRIANNA BAILY

Above and below, car enthusiasts from the region descended on downtown Kitchener Oct. 13 for the Gatsbyfest car show.

Despite Mother Nature's daylong wrath, automotive enthusiasts refused to call it quits as an Gatsbyfest car show Oct. 13.

A variety of classic and modern cars lined King Street,吸引着数百名车迷，一些人穿着1920年代的服装，如长袍、高领毛衣、长筒袜、皮带、高跟鞋、爵士帽、领结和手套。收藏家和爱好者们则聚集在一系列的摊位旁，包括咖啡、热狗、爆米花、炸薯条和可乐。

Although the weather put a damper on the mood, car owners were more eager to show off their cars as spectators began to leave and leave. Clinton McNaughton and Trevor Peltz used propane tanks to keep their cars — a 1968 Hyundai Coupe and a 1965 Ford Mustang —

running after 10 a.m. Despite the weather and the less than expected turnout, the pair remained optimistic.

"We got a lot of shows and for the day it is what is a pretty decent turnout," said Peltz. "It's nice to see all the other cars out too," he added, referring to the many owners who had to take their cars out of storage for the event.

While looking for shelter, many visitors help out with the cleanup, particularly volunteers from the Kitchener-Waterloo Community Church, who had been parked outside of Market Square. Parents remained on pastures while parents children inspected the various look-a-likes.

Meanwhile, across the street a 1965 Ford Mustang

belonging to Lee Jukic attracted a crowd of its own.

"I'm a car guy and I enjoy hanging around car shows," said Jukic. "I have more cars than I usually bring out, but unfortunately the weather didn't permit me to do as many."

Jukic was one of the many Mustang owners expected to attend the show. However, due to weather conditions many of his colleagues decided not to participate.

In addition to the numerous cars, visitors decided to participate in the final day of "Gatsbyfest" when they were invited to open houses and tasting tents. Two stages featured live music while numerous food vendors set up stands around the Market Square area.



PHOTO BY BRIANNA BAILY

Trevor Peltz (left) and Clinton McNaughton admire McNaughton's Hyundai Coupe at an Gatsbyfest car show Oct. 13.

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# Conestoga grad making her mark

By JENNIFER WALTERS

She wanted to be the first female prostate cancer and the Conestoga rock that this from her.

Lisa Becker, 30, is poised as one but not in person. She disease but also works to make her disease become reality.

Her friends describe her as a motivated, supportive and hard-working woman, great qualities for someone wanting to make her own magnitude.

In October 2010, Becker got the idea. One year later her dream of almost writing her own book on the progress to launch Pink and Red on Jan. 1, 2013.

**I mean seriously, who starts a magazine only to help others? Lisa does.**

— Sasha Zengel

Becker went to University of Toronto for advanced studies and graduated from the journalism print program at Conestoga College. She has worked the bluesy, a Canadian lifestyle magazine for men, and has done freelance editing for the Ottawa Citizen and Guelph Mercury.

But her inspiration for the magazine came from her own education or workplace. It came from her personal experience with the second most common type of prostate cancer.

Becker was 18 years old when she was diagnosed with cancer. She was cured

but it returned when she was 22, one month after the birth of her daughter.

She had lots of questions. "I was scared and felt alone. I had come but as you come to terms with what is going on with your body you get near the normal shock," she said. "You want to know what do I do now and how can I expect to live a normal life as possible?"

Becker founded a not-for-profit organization for women living with cervical cancer and she was part of the board of directors.

"I realized how many women had questions and concerns about everyday life such as intimacy, relationships, child care, family, nutrition, exercise, travel and finance," she said. "I thought it would be a great idea to conveniently package this sort of information and integrate it to this and from the comfort of your own home and at your own convenience."

The purpose of the magazine is to increase the flow of quality life.

"I want to focus on the can do and make us uniquely positive. When we go through a cancer like this we struggle with our emotional well-being but a part of us that doesn't go away is a woman. That maybe we have to grow our strength to be a mom," she said.

Becker regularly Facebook friends with Becker when they are two years apart at a fundraiser. Becker's cervical cancer foundation, was sponsored.

"Lisa is so caring and so positive about what she does. She strives to achieve and never gives up," she said.



Lisa Becker is launching her magazine, Pink and Red, on Jan. 1, 2013. It will be available in Chapters and Indigo stores across Canada.

Women especially, who chose a magazine only to help others? Lisa does.

One Canadian Women Business Foundation (CWWB) in the go to place for female entrepreneurship. They provide private people with \$25,000, with pre-launch coaching, business resources and marketing and mentoring to help them launch successful entrepreneurial businesses.

Debbie Dukic is Becker's

mentor through CWWB.

"Lisa Becker is an entrepre-

neur with heart and pas-

sion who wants to make a difference," she said.

"That description can apply to many entrepreneurs, how-

ever, this individual is doing it the right way. Her foundation of life experience, education and life lessons are the heart and soul behind Pink and Red."

Becker used many people

experiences and their situations alone with a touch of education on their magazine will help women realize they have support.

Growing up, Becker saw many of her relatives become successful business people, so that, an early age and the pressure to be successful like her family.

She may not be the pants-wearing last Lisa Becker is still making her mark.



Becker is shown with her daughter, Laura. Becker was diagnosed with cervical cancer at the age of 18 and again one month after giving birth, at the age of 22.



## COUNSELLOR'S CORNER: Roommates

Sharing living space with a roommate, or even a friend, can be quite different from living with your family. Things as simple as how long you stay in the shower or where to keep the jewels can cause tensions between people who aren't used to living together. So how can you ease the tension from having to live with a roommate?

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the dirty dishes are still in the sink the next morning? Or do you have a "high tolerance" that will have your roommate extremely frustrated by the end of the semester?

Room rules to discuss include:

- space: private versus common areas;
- food: shared? designated fridge space?
- quiet hours for morning, study-time and at night;
- guest policy

Living with a roommate isn't all about rules and compromises, but it'll be much easier to set guidelines now, before you start getting on each other's nerves.

For more help on this topic or other areas of growth or concern, make an appointment to talk with a counsellor at your campus location.

A Message from Counselling Services, 1A181



EVERYTHING IS  
FALLING INTO  
PLACE  
AT THE  
GOON CAMPUS

PHOTO BY JEFFREY MCKEE

Opposite your marketing wisdom  
from Ober will show the  
path toward the Bigelow's  
Offices at the Goon campus on  
Day 14. The path was covered  
in sand as the fall leaves  
painted the roadway.

# Milestones fails to impress

For all of your life's milestones, there are many last for others, but not Milestones. Milestones' most recent addition to Pepperidge Road has been keeping busy but not a member of the type? When Milestones opened its doors nearly a month ago, eager customers were quick to fill reservations books. Luckily a last-minute phone call was able to land me a reservation for 8:30 p.m. on Thursday — the only unreserved time available.

With no contemporary architecture, Milestones is sure to entice those who never like the ring. The inside is just as pleasant as the outside and is every type of all aspects: spacious, Milestones' light, warm colors the ceiling, the ceiling, while the mounted light glass moldings add to the dim ambient lighting. Filled with chocolate brown wood trim, a warm fireplace and wall spanning bar, the interior seems like a

The Thursday crowd appeared to consist of couples, co-workers, couples, couples and the odd family. While some were dressed formally the majority were dressed in business casual which seemed appropriate for the atmosphere and class of restaurant.

I arrived thirty minutes early at 8:15 p.m. and was greeted by friendly wait staff and seated immediately. We started with drinks — water for myself and a drought Coors Light (\$8.95) for my acquaintance. On average, beer costs around \$12 with mixed drinks such as a mojito costing \$9.95. The waiters have a large wine



Brendan Foley  
Opinion

list, with bottles starting at \$12.

The first complaint of the night occurred when our waiter, a mostly new and inexperienced employee, served us our drinks a couple of minutes after ordering. The beer which my friend had ordered was warm and showing no carbonation. However, we decided to put the issue aside and order more.

20

Surrounding the steak was a scoop of mashed potatoes, six tiger shrimp, four asparagus stalks, a few cherry tomatoes and cherry tomatoes and...

...where is the meat?

— Brendan Foley

11

At 8:30 p.m. we placed our order. There, we had been seated in all sorts of ways like my cohort with cardboard sleeves (\$22.95). The dining room itself, "Colonial design" by design, consisted of wooden tables and chairs covered in a leather fabric material that is also used in other restaurants. Lastly, the standard practice is mixed with the leather furniture, many waiters and waitresses will actually go through

chilled plates and covered in cheese, cream and other items of flavored pasta. The dinner dressing wasn't overly salty yet it was strong enough to give the salad flavor. Overall, it was very good and surprisingly filling.

At 9:30 p.m. the waiter presented the main course. The food was nicely presented on the plate and looked appetizing. The first which my friend had ordered was "steak" and showed no carbonation. However, we decided to put the issue aside and order more.

"Did I tell you? I thought I told you. We're out of steak and have been double booking since 8:30."

"Major disappointment. I understand that these sort of errors are unavoidable. However, we should have been told before paying \$27.95 that our meal would not be completed." Apologized. He offered to give us those shrimp for our meal. Although annoyed, we let it go and went further.

The rest of the meal was enjoyable. The salad was spicy and paired well with creamy blue and orange cheese later. The asparagus tasted fresh and was well-cooked resulting in a wonderful contrast of the smoky and chewy experience that is also served in other restaurants. Lastly, the standard practice is mixed with the leather furniture, many waiters and waitresses will actually go through

each booth and table.

As the end of the day Milestones is simply overpriced. The expensive meals were good but not delicious. I have had food recently in good restaurants at a lower price and even combined with the poor attitude of the wait staff, my personal experience warrants a negative review.

Therefore, I give Milestones a thumbs down.

## TAKING THE EDGE OFF CHILLY WEATHER



PHOTO BY JEFFREY MCKEE  
Feeling the chill of the changing seasons? Many students can find comfort in the warm beverages offered all over campus. All are perfect for a chilly fall day.

# Rangers excited to have Murphy back

By ANDREW BRENNAN

Rochester Rangers head coach Steve Spotts is looking out for more than he has last year's most offensive defenseman back in the box.

Ryan Murphy, who was sent down by the NHL's Carolina Hurricanes to the Rochester Rangers on Oct. 13 and is now a replacement player, has been invited to be back.

"I was a bit disappointed at first but I'm coming back to a great organization here in Rochester. It was a very nice situation for me. I guess I didn't play to the NHL's standards, but that's natural to be back."

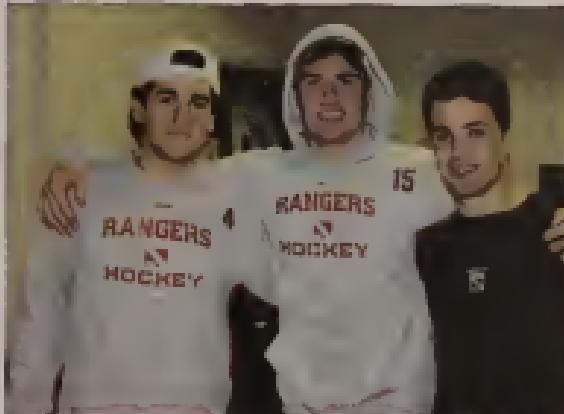
Spotts places on record

exactly what he did in previous seasons.

"My first two years on this team, I was an offensive guy. I try to score, play hard and I focused on doing the most offensive things I can for this team. I'm just going to go out there and do a natural off-icing when I have to do it," he said.

Murphy, who had one assist in the Rangers' first two games, has been a disappointment. The Rangers beat the defending CCM, who opened from Chase, 2-1, on Oct. 13, and played an impressive defense, but did show some signs of rust. The 16-game winning streak had to end.

Spotts isn't too concerned



Left to right: Ryan Murphy, Sean Thomas and Ryan Murphy were geared up for their game on Oct. 14 against the Owen Sound Attack at the Ruth.

about the presence or about Murphy's defensive abilities.

"I think perhaps those players come from the NHL, they think of myself as a center when I'm not. I think it's more a matter of integrating his importance. He gives a very nice one and done. And we made him fit in at the end of the game, but I think that's a

matter like that, she's going to make him better," Spotts said.

Spotts is excited about what Murphy brings to the team offensively and looks forward to what he expects to contribute in what is likely his first year as a Ranger.

"He creates a lot of space from the back end, he's like a

hurricane out on the ice and he just creates a lot of offense for our club. He's going to have to be one of our leaders on and off the ice," he said.

With the departure of center men such as Michael Lockett and Matt Tippit, Murphy will be expected to take on a leadership role and

that includes setting up a lot of one-timers.

"He's going to have to be our offensive catalyst and he's going to have to run our power play so his going to be a 25-30 minute a night guy and we're going to expect big things from him this year," Spotts said.

The coach isn't the only Ranger who has received expectations.

"It's a world class offensive defenseman, probably the best. He's big for creating points effectively. We'll do nicely make the playoffs this year with Murphy, we can go far," said defenseman Marc Lavoie.

As the two teams open south of the border, Murphy was happy to see a friendly face and a former teammate in Capoian.

"For sure, Jeff Skinner, he's an ex-Ranger. He helped me out a lot," Murphy said.

Murphy may not have played in any regular season games for the Hurricanes but he took a lot away from the experience of being with the NHL club.

"Everything we there keep going a lot quicker and everything is done in the right order of I learned that thing, I'd probably move the puck and jump into the play whereas here I'm used to just reading the puck the whole way," said Murphy.

## It's do or die time for many Condor teams

By ANDREW BRENNAN

It's coming down to the fourth quarter for the Condors.

As the first half of the fall season comes to an end, Conestoga is one of the things and fighting for a playoff spot in each sport.

Conestoga initially made noise during the first week of the season when two Condors were named Players of the Week. Kristen Daniels, Peacock, won the award for women's soccer after she scored the game winning try in Conestoga's first two games. Forward Sammuel Pevsner was the named for women's soccer after he also scored the game winning try in Conestoga's first two games.

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"There's great players on each team," said Conestoga's athletic director, Michael Ford. "What I really like about all of our teams is that

most of the teams lose on one player. It's not one player that's winning or losing these games, all our coaches have really instilled that it's a team sport."

The opening week of the season saw some great performances during the first cross country meet at Fairhaven. The Condors' team had top 10 finishers, including Michael Ford, who placed 10th with a time of 21:38 while Heidi DeGroot placed 11th with a time of 22:20. The men's team had one runner finish in the top 10. Michael Hancock, Ford, placed 10th with a time of 20:16.

With a few more cross country meets remaining Ford is hopeful that some of Conestoga's runners will qualify for nationals.

"We need our cross-country running team to qualify strong," she said. "We're looking to contribute to the provincial championships and we're

hoping from there we'll be able to send some of them to nationals."

The men's soccer team got off to a rough start as they faced the top two teams in the province. However, Conestoga rebounded their selves as they won their next three games passing the men in the playoff race.

The women's soccer team is also fighting for a playoff spot. The team has boasted a winning record of 4-3 while they put them on the road every home meeting the players. They are currently tied for fourth with Waterloo. However, a win against Laurier in their next game would clinch a playoff spot for the Condors.

Ford said it's been a long time since the soccer team made the provincials and she would like to see them make it this year.

"We've always got to do playoff games and just lose out, so it would be nice if they

could get through," she said.

The women's rugby team is in good shape to make the playoffs as well.

They have put up an impressive record to keep the season, and are currently in control place in their division. The division consists of the only three returning teams from last season.

"They took it up I wasn't to surprised of ends playing for a gold medal," said Ford. "They've been dedicated a pleasure surprise — with a brand new coach, brand new team, they have a great work ethic."

With the season coming to an end, every team is working hard to represent Conestoga and in raising the banner on the Ontario College Athletics Association.

"We just have good teams that are working really hard," said Ford. "Kudos are due to the players for what they are doing and they're very exciting."

### Conestoga box score

Week of Oct. 13 to 16

By ANDREW BRENNAN

Men's Soccer  
Oct. 13 lost 1-0 against Niagara  
Oct. 13 won 2-1 against St. Clair

Women's Soccer  
Oct. 13 lost 0-0 against Niagara  
Oct. 14 won 2-0 against St. Clair

Men's Rugby  
Oct. 13 lost 23-18 against Waterloo  
Oct. 17 lost 52-26 against Waterloo

Women's Rugby

Oct. 13 lost 20-7 against Waterloo

Women's Football

Oct. 13 lost 20-7 against Waterloo

Oct. 16 lost 12-1 against Waterloo

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